

# The Olympic motto: Citius, Altius, Fortius

**Olympic educational themes:** Excellence, balance, joy of effort

## Context for activity

The Olympic motto “Citius, Altius, Fortius” (“Faster, Higher, Stronger”) was coined by Father Henri Didon, who was a close friend of Baron Pierre de Coubertin. It was adopted by the IOC in 1894. Do you find these words inspiring or motivating when you play sport? Is there a message in this motto for your community and country?

## Adaptations for different age groups

### Primary ages 5–8

Choose three games that you can play in your physical education class that are relevant to each of the three words in the Olympic slogans: “Faster, Higher, Stronger”. Can you create a game that has elements of two of the three words? For example: Faster and higher, or stronger and higher? In groups make a game and then teach it to your classmates.

### Intermediate ages 9–11

Write a poem with three verses—one dedicated to each of the words in the motto. Example: You could link these words to experiences that you have had in sport, or describe how these words influence the lives of others.

Do you think this motto only connects with sport? Does it have any meaning for other aspects of life?

### Middle ages 12–14

Write and act out a short play about three characters from the Ancient Olympics—Citius, Altius and Fortius—who are meeting each other for the first time. Perhaps Zeus is interviewing these characters for a lead role in the Olympic Games—each one wants the job and they must explain why they are more deserving than the others.

### Senior ages 15–18

Study the picture of the sculpture “Citius, Altius, Fortius” that is located in the grounds of The Olympic Museum, Lausanne, Switzerland. This is clearly an abstract depiction of the Olympic motto. You are tasked with designing and building a sculpture or model of the Olympic motto that will be used in the opening ceremony of the next Olympic Games. What form, and which materials, will you use?



## ★ Learning outcome

- Recognising the power of mottos to inspire and motivate participants as they pursue Olympism.
- Understanding the meaning of the Olympic motto.

## ✓ Suggested teaching strategies and learning skills

Inquiry, constructivism, creativity, forum theatre, problem-solving, collaboration.

## Suggested equipment

Art supplies, costumes for ancient Olympia role-play.